

PRAYERS and PRECEPTS

Sign of the Cross

In the name of the Father, the Son and the Holy Spirit, Amen.

Our Father

Our Father, who art in heaven, hallowed by thy name. Thy Kingdom come, they will be done on earth as it is in heaven.

Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be to the Father

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen

An Act of Faith

O my God, I firmly believe that You are one God in three divine Persons, Father,

son, and Holy Spirit. I believe that Your divine Son became man, died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived.

An Act of Hope

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, and help of Your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

An Act of Sorrow

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God have mercy.

An Act of Love

O my God, I love You above all things with my whole heart and soul, because You are all-good and worthy of all love. I love my neighbor as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

Prayer of the Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created and you shall renew the face of the earth. O God, you fill the hearts of your faithful with the light of the Holy Spirit. Grant us by the gift of that spirit to be truly wise and always to rejoice in his consolations, through Christ our Lord. Amen.

The Angel of the Lord (Angelus)

✓ The Angel of the Lord declared unto Mary,

R And she conceived of the Holy Spirit. Hail Mary....

✓ Behold the handmaid of the Lord.

R Be it done unto me according to your word.

Hail Mary....

✓ And the Word was made flesh.

R And dwelt among us.

Hail Mary....

✓ Pray for us, O holy Mother of God

R That we may be made worthy of the promises of Christ.

Let us Pray. Pour forth, we beg you, O Lord, your grace into our hearts; that we, to whom the Incarnation of Christ your Son was made known by the message of an Angel, may by His passion and cross be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

PRECEPTS

Being a Catholic is a way of life, patterned after the gospels. This life is guided by certain principles handed down to us by Christ and His Church, and empowered by gifts of grace from God. These precepts outline the criteria of a genuine Christian life, and the helps given by the Holy Spirit enabling us to live that life.

The Eight Beatitudes

Blessed are the poor in spirit,
The reign of God is theirs.
Blessed are the sorrowing,
They shall be consoled.
Blessed are the lowly,
They shall inherit the land.
Blessed are they who hunger and thirst
for holiness
They shall have their fill.
Blessed are they who show mercy,
Mercy shall be theirs.
Blessed are the single-hearted,
For they shall see God.
Blessed are the peacemakers,
They shall be called children
of God
Blessed are those persecuted for
holiness sake;
The reign of God is theirs. (Mt. 5)

The Spiritual Works of Mercy

1} Admonish the sinner; 2} Instruct the Ignorant; 3} Counsel the doubtful; 4}

Comfort the sorrowful; 5} Bear wrongs patiently; 6} Forgive injuries; 7} Pray for the living and the dead.

The Corporal Works of Mercy

1} Feed the hungry; 2} give drink to the thirsty; 3} clothe the naked; 4} visit the imprisoned; 5} shelter the homeless; 6} visit the sick; 7} bury the dead.
(Mt. 25)

The Fruits of the Holy Spirit

The fruits of the Holy Spirit, which result from living according to the Spirit, are: love, joy, peace, patient endurance, kindness, generosity, faithfulness, gentleness, and self control. (Gal. 5:22)

The Gifts of the Holy Spirit

The gifts of the Holy Spirit are: wisdom, understanding, knowledge, counsel, courage, piety, and reverence for the Lord. (Is. 11)

The Great Commandment

“You shall love the Lord your God with your whole heart, with your whole soul, and with your whole mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself.” (Mt. 22:37-38)

The Ten Commandments

I: I am the Lord your God; you shall not have other Gods before me.
II: You shall not take the name of the Lord your God in vain.

III: Keep holy the Sabbath day. (From the beginning, Christians have kept Sunday as the Lord’s day.)

IV: Honor your father and your mother.

V: You shall not kill.

VI: You shall not commit adultery.

VII: You shall not steal.

VIII: You shall not bear dishonest witness against your neighbor.

IX: You shall not covet your neighbor’s wife.

X: You shall not covet your neighbor’s goods.

Precepts of the Church

Among the main specific duties of Catholic Christians today are the following:

- 1} To lead a full sacramental life; especially to participate in Mass each Sunday and holy day and share in Holy Communion; and receive the sacrament of Reconciliation regularly at appropriate times of the year.
- 2} To provide proper religious education for oneself and one’s children, especially by use of Catholic schools and other educational programs.
- 3} To strengthen and support the Church – one’s own parish community and clergy, and the worldwide Church.
- 4} To practice penance and self-denial in the spirit of Christ, including fast and abstinence on appointed days.
- 5} To share in the missionary spirit and apostolic work of the local and world Church.